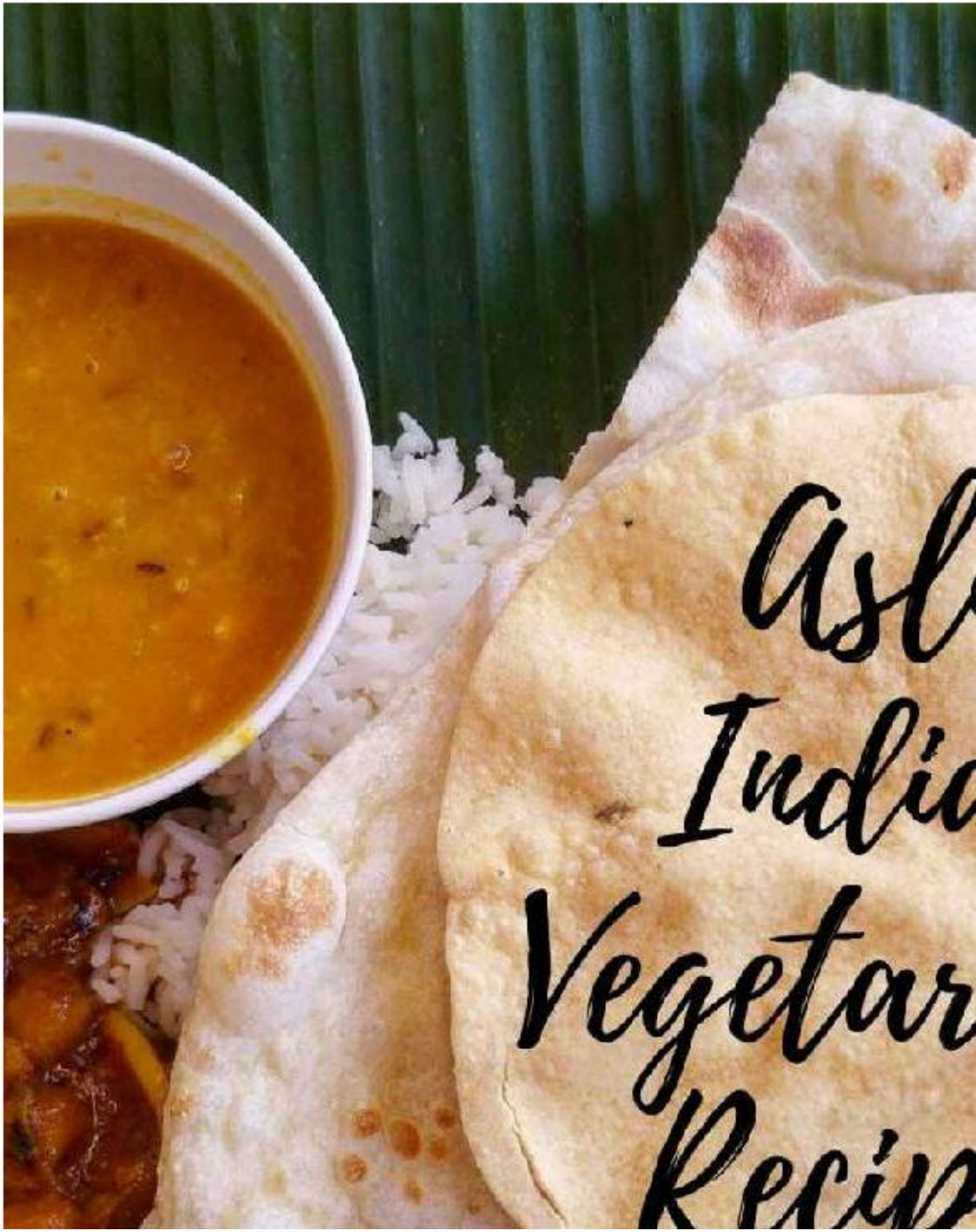
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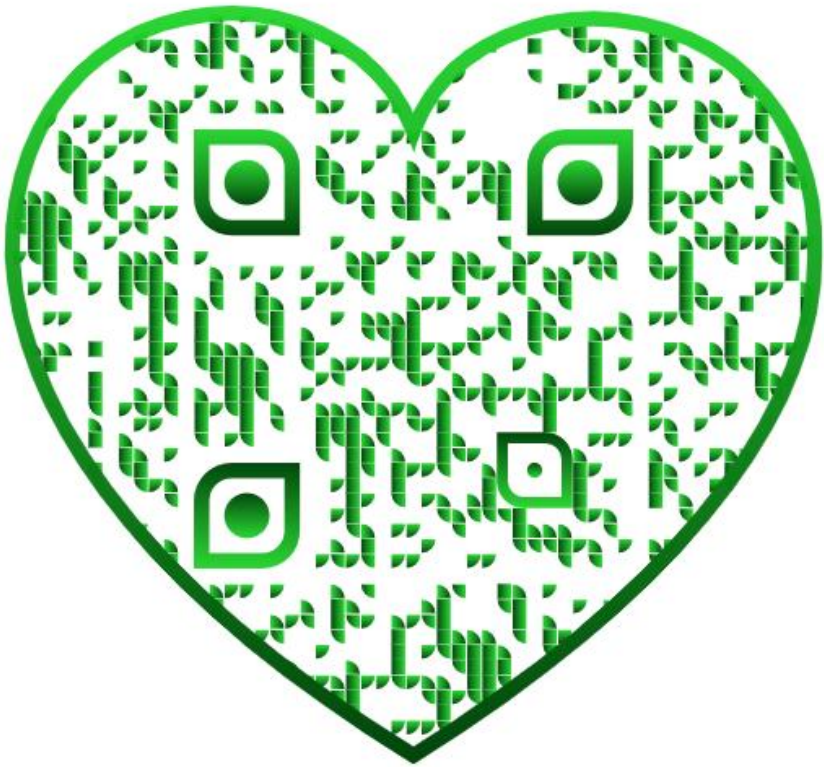

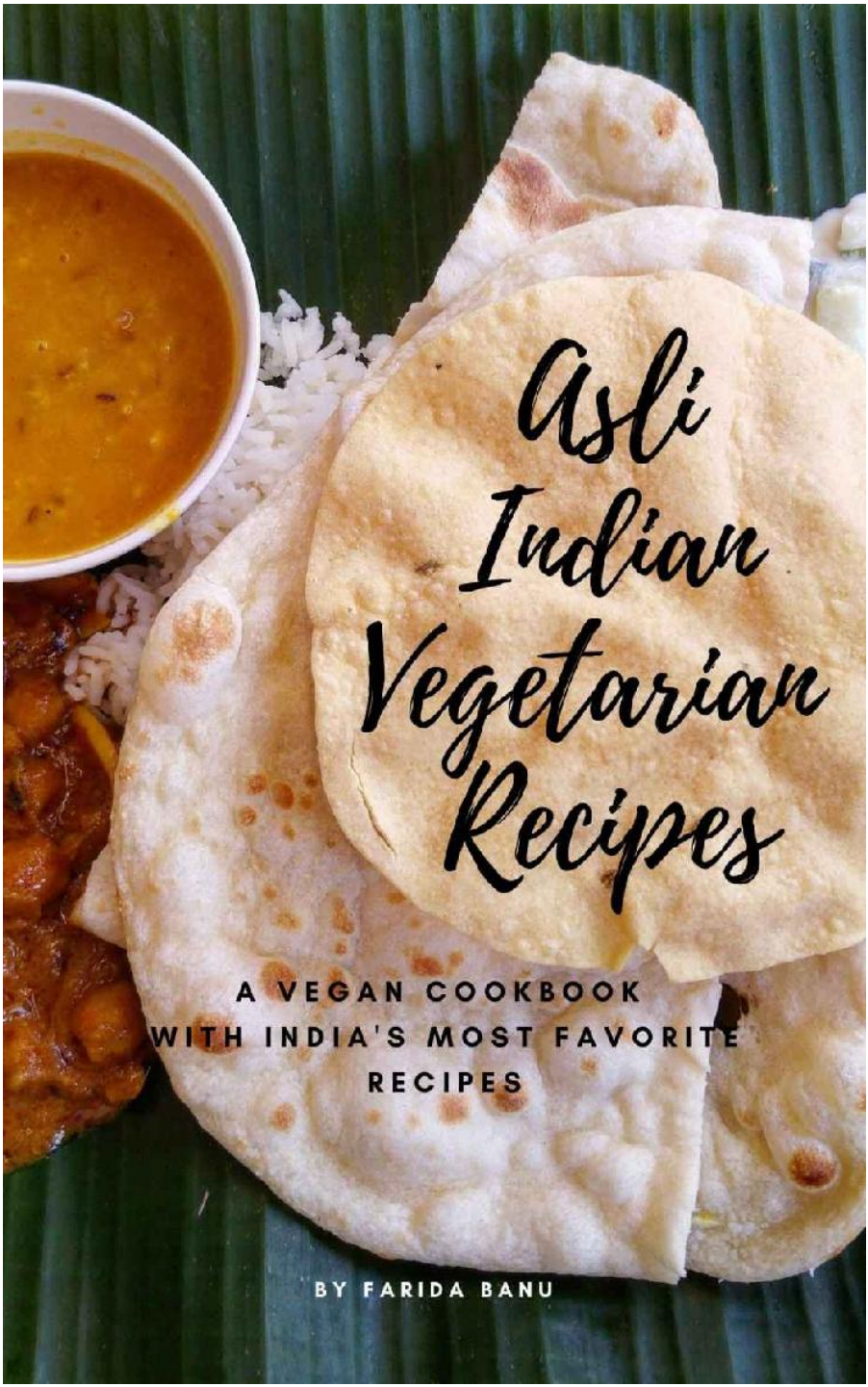

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INDIAN Vegeterian Recipes

CURRIES SPECIAL

B r i n j a l C u r r y

Servings: 4

B a i n g a n k a K a t t a

Prep Time: 15

mins

The delicious and healthy stuffed brinjal **Cook Time:** curry contains

spongy texture with 20 mins

unique flavor sour taste by adding tamarind juice. Best serve with biryani

recipes or rice or rotis.

Total Time: 35

mins

Ingredients

For stuffing:

Smal Eggplants brinjal – 11

Peanuts – 1 cup

Coconut pieces – 1/2 cup

chopped onions – 2

Chopped green chil i – 2

Turmeric powder – 1/4 spoon

Red chil i powder – 1 spoon

Salt – 2 spoons

Coriander powder – 1/2 spoon

Cumin powder – 1 spoon

For tempering and gravy:

oil – 1/4 cup

tempering seeds – 1 spoon

red chil ies – 2

curry leaves – 2 springs

chopped tomatoes – 2

tamarind juice – 1 cup

chopped coriander leaves – 1/4 cup

water – 1/2 glass

Instructions

Blending and preparing masala mixture:

1. Heat a pan roast peanuts and set aside.

2. Take a blender jar to add coconut pieces, grind to a coarse powder and set aside.

3. Add roasted and peeled peanuts into the blender jar and grind into a powder, set aside.

4. Add chopped onions and green chilli grind them into a paste.

5. Add roasted peanut powder and coconut powder into the same blender jar of onion paste. Grind all the mixture at a time to make a paste.

6. In the same blender jar add turmeric powder, red chilli powder, coriander powder, cumin powder and blend all the masala mixture at a time.

7. Take the masala texture into a bowl and set aside. Now the stuffing mixture is ready.

Slitting brinjals:

1. Add chopped tomatoes into a blender jar and blend to puree. Set aside.

2. Wash brinjals and set them in saltwater.

3. Make two opposing slits at the bottom of each brinjal.

4. The slits must almost reach the crown but be careful not to cut the brinjal.

Stuffing brinjals:

1. Stuff the masala pastes into the brinjal carefully do not break them. Clean the masala mixture outside of brinjal.

2. Repeat the same for all of them and Keep the remaining paste aside.

Tempering and frying brinjal:

1. Heat a pan add oil, tempering seeds, red chilli and curry leaves.

Let them splutter.

2. Add stuffed brinjal into a pan and saute for 5 minutes.

3. Turn on another side and again fry for 5 minutes.

Preparing gravy:

1. Add little water into the remaining masala mixture and add into the pan and fry for 5 minutes.

2. Add tomato puree and stir the pan so that our brinjal remain constant.

3. slowly turn the brinjal on another side to absorb the masala texture fry constantly.

4. Add tamarind juice into the pan mix well.

5. Add little water and cook for 10 minutes until the brinjal becomes soft.

6. Adjust salt and red chilli powder for spicier.

7. Finally, add coriander leaves and mix.

8. Brinjal curry is ready to serve. Serve with rice, biryani, roti and

enjoy the delicious dish.

Recipe Notes

Do not add water while blending all the masala mixture. For stuffing brinjals we need thick masala texture.

Wash the brinjals and set in saltwater. So that it will not change colour.

Make two opposing slits must almost reach the crown but be careful not to cut the brinjal.

M u s h r o o m

Servings: 4

G r a v y M a s a l a

Prep Time: 05

M u s h r o o m

mins

Cook Time:

The Indian spicy mushroom

15 mins

gravy is mixed with fresh

masala with a nice aromatic,

Total Time: 20

halved

green

chilies

for

mins

spiciness, mushrooms and

cashew nuts for a rich taste.

Ingredients

For masala:

cumin seeds (Jeera) – 2 spoons

coriander seeeds(dhaniya) – 1 1/2 spoon dry red chil ies – 7

cardamom – 3

cinnamon – 4 sticks

cloves – 12

cashew nuts – 14

For gravy:

Butter – 50 g

oil – 3 spoons

bay leaves – 3

star anise – 1

curry leaves – 12

chopped onions – 2

halved green chil ies – 3

ginger and garlic paste – 1 spoon

tomatoes – 4

salt – 1 1/2 spoon (as required)

red chil i powder – 1 spoon

turmeric powder – 1/4 spoon

curd – 3 spoons

mushroom – 200 g

fenugreek leaves (kasuri methi) – 1 spoon chopped coriander leaves – 1/2 cup

water – 1/2 cup

Instructions

Preparing mushroom masala:

1. Dry roast all the dry spices cumin seeds, coriander seeds, red chillies, cardamom, cinnamon, cloves.

2. Stir continuously in a low flame till they turn aromatic.

3. Add cashew nuts give a mix. Switch off the flame. let it cool for a minute.

Blending dry spices and tomatoes:

1. Take all the masala spices into the blender jar. Blend to a fine powder.

2. Set the mushroom masala aside.

3. Take a blender jar to add tomatoes and blend to the smooth paste. set aside.

Making mushroom gravy:

1. Heat a pan over a medium flame add butter and oil.

2. Add bay leaves, star anise and curry leaves. Fry for two to three seconds.

3. Add chopped onions and halved green chillies. Fry till they turn a golden brown colour.

4. Add ginger and garlic paste, salt fry till the raw smell disappears.

5. Add red chilli powder, turmeric powder prepared mushroom masala powder mix well.

6. Add curd and mix well.

7. Add tomato paste fry till it thickens and leaves the sides of the pan.

Cooking mushrooms:

1. Add cleaned and halved mushrooms mix well.

2. Close the lid and cook for 5 minutes over a medium flame stir occasionally.

3. Add crushed fenugreek leaves (Kasuri methi) and chopped coriander leaves mix well.

4. Taste and adjust the salt according to the consistency of gravy.

5. Pour 1/2 cup of water and adjust the thickness of gravy.

6. Close the lid and cook for 2 minutes.

7. Take the hot mushroom gravy into the bowl.

Garnish:

1. Garnish with chopped fresh coriander leaves.

2. Serve Indian spicy mushroom gravy with hot chapatis, roti,

rice, jeera rice even with different biryani recipes.

Recipe Notes

Can also add cream to adjust the spices **G o n g u r a**

M a s a l a C u r r y

Servings: 4

S o r r e l L e a v e s , B h a j i

Prep Time: 05

R e c i p e

mins

Cook Time:

It is also known as Bhaji in

10 mins

Hindi, Gongura in Telugu,

Sorrel leaves in English,

Total Time: 15

Ambadi

in

Marathi

and

mins

Gujarat. Best combination with

biryani minced with sorrel

leaves and tomatoes.

Ingredients

Sorrel leaves gongura - 2 bunches

chopped onions - 2

chopped tomatoes - 3

Green chilies - 3

Ginger and garlic paste - 1 spoon

Turmeric powder - 1/4 spoon

Red chil i powder - 1 spoon

Oil - 3 spoons

Coriander leaves - 1 cup

water - 1/4 glass

Salt - 2 spoons

Instructions

1. Wash the sorrel leaves and add to pressure cooker.

2. Add two chopped onions and add three chopped tomatoes.Tomatoes are the main ingredient in bhaji recipe.it makes our bhaji sweet and sour taste.

3. Cut three green chillies and add to pressure cooker.

4. Add a spoon of ginger and garlic paste.

5. Add 1/4 spoon of turmeric powder.

6. Add a spoon of red chilli powder.Reduce red chilli powder if you do not like spicy bhaji.

7. Add three spoons of oil.

8. Add a cup of coriander leaves.

9. Add 1/4 glass of water.There is no need to add more water because our sorrel leaves will absorb less water to cook.

10. Close the lid and let it cook for 6 whistles.

11. let the pressure goes on. Now carefully open the lid.Mash it well to the smooth texture.

12. Add 2 spoons of salt mix well.Taste the bhaji, if necessary adjust the salt.

13. Serve into the bowl.Garnish with cilantro.

14. Better serve with biryani, pulao or rice.

C h a n a M a s a l a

Servings: 3

C h i c k p e a C u r r y / C h o l e M a s a l a

Prep Time: 10

mins

A popular Indian curry mixed **Cook Time:** with chickpea, onion tomato

25 mins

pastes and al other spice

powders and serve as a side

Total Time: 35

dish

with

chapati,

poori,

mins

bhature or jeera rice.

Ingredients

For boiling chana:

chickpea (Chole) – 1 cup

water – 1 glass

Salt – 1/4 spoon

For blending:

onions – 2

green chil i – 1

tomatoes – 2

Spice powders:

turmeric powder – 1/4 spoon

red chil i powder – 1 spoon

cumin powder – 1 spoon

chole powder – 1 spoon

coriander powder – 1/2 spoon

Other ingredients:

oil – 3 spoons

ginger and garlic paste – 1 spoon

coriander leaves – 1/4 cup

salt -1/2 spoon(as required)

water – according to consistency

Instructions

Pressure cooking chana:

1. Wash and soak chickpea overnight.

2. Drain the water and add to pressure cooker.

3. Add 1/4 spoon of salt and a glass of water.

4. Close the lid and pressure cook for 6 whistles.

5. Carefully open the lid and check chana must become soft but not mushy.

Frying onion tomato paste and all the spices:

1. Heat a pan over a medium flame add oil and halved red chilli.

2. Blend 2 onions and 1 green chilli and add to the pan.

3. Stir well and fry for 2 minutes.

4. Add tomato paste fry for a minute.

5. Add ginger and garlic paste.

6. Add turmeric, red chilli, coriander, cumin, chole masala powders.

7. Stir continuously and fry till the masalas release sides of the pan.

Adding boiled chana to the masala:

1. Add boiled chickpea with water (chickpea stock).

2. According to the consistency of curry adjust the water.

3. Cook for 5 minutes over a low flame.

4. Chickpea will absorb all the masalas and gives an excellent taste.

5. Finally, add chopped coriander leaves taste and adjust the salt.

6. Chana masala is ready to take into the serving bowl.

7. Serve as a side dish with roti, chapati, poori or jeera rice.

Recipe Notes

If cooking in a pan add more water and cook til the chana become soft

Check chana must become soft but not mushy.

Taste and adjust the salt and al other spices.

A n d h r a D o s a k a y a

P a p p u C u c u m b e r

Servings: 6

D a l

Prep Time: 05

Dosakaya pappu is a most

mins

common and an al -time **Cook Time:** favorite Andhra cuisine. The

15 mins

main ingredient is **yellow**

cucumber (dosakaya). Just

Total Time: 20

pressure cook dal, mash, add

mins

hot tempering and serve with

hot rice and pappad or chapati.

Ingredients

(Red gram) kandi pappu – 3/4 cup(toor dal) cucumber(dosakaya) – 1

tomatoes – 3

green chilies – 6

tamarind – smal lemon size

Tempering:

oil – 3 spoons

tempering seeds – 2 spoons

onion – 1

curry leaves – 1 spring

garlic – 3(cloves)

dry red chilies – 2

Instructions

Soak dal and chop the veggies:

1. Wash toor dal (kandi pappu) throughly for 2-3 times and soak for

30 minutes.

2. Wash and Peel the cucumber(dosakaya) remove the seeds.

3. Taste the cucumber whether it is bitter or not. If it is bitter please discard, otherwise total recipe will spoil.

4. Dice the cucumber into medium size pieces.

5. Chop the tomatoes and green chilies in medium size.

Pressure cooking dal:

1. Place the soaked dal on the stove over a medium flame.

2. Let it cook for 3 minutes so that our dal will be easy to mash. This is optional.

3. Add chopped cucumber, tomatoes and green chilies.

4. Add 1/4 spoon of turmeric powder and 1/4 spoon of red chilli powder.

5. Wash and add small lemon size tamarind mix well.

6. Close the lid and pressure cook for 6 whistles.

7. Switch off the fire. Open the lid carefully and mash.

8. Add a spoon of salt. Adjust according to the taste.

9. Mash smoothly and take into the bowl.

Tempering:

1. Crush the 3 garlic cloves.

2. Heat the pan over a medium flame add 3 spoons of oil.

3. Add 2 spoons of tempering seeds, onion slices, crushed garlic cloves.

4. Add a spring of curry leaves and 2 dry red chillies.

5. Let them splutter and the onions turn golden.

6. Switch off the fire add the hot tempering seeds into the pappu bowl.

7. Andhra dosakaya pappu is ready. Serve with plain rice and papad or roti or chapati.

Recipe Notes

Taste the cucumber whether it is bitter or not. If it is bitter please discard, otherwise total recipe will spoil.

If your serving for kids reduce green chillies and skip red chilli powder.

C a r r o t P o t a t o

Servings: 4

C u r r y A l o o G a j a r

K i S a b j i

Prep Time: 10

mins

Carrot potato curry is most **Cook Time:** common and important cuisine

15 mins

in Indian recipes. This healthy

recipe is very simple and a

Total Time: 25

favorite recipe for most of

mins

them.

Ingredients

Chopped Carrots – 1 cup

Chopped Potato – 1 cup

Chopped Onions – 1/2 cup

Turmeric powder – 1/2 spoon

Red chil powder – 1 spoon

Chopped Tomatoes – 1/2 cup

Green chil ies – 2

Salt – 1 1/2 spoon Oil – 6 spoons Coriander leaves – 1/2 cup

Coconut paste – 3 spoons

Ginger garlic paste -3 spoon

Water – 1 glass

Instructions

Frying spices:

1. Heat a pan over medium flame, add oil and chopped onions saute them.

2. Add chopped green chilies and give a mix.

3. Add ginger and garlic paste stir wel and fry for 2 minutes.

4. Add coconut paste give it a nice mix, close the lid fry for 5

minutes.

5. Add turmeric powder, red chil i powder, salt and garam masala powder stir for a minute.

6. Add chopped tomatoes and mix wel .

7. Add carrots and potatoes pieces to the pan give a nice mix of al the spices, close lid.

8. Fry for 5 minutes until the carrot and potato absorb al the spices wel .

Cooking carrots and potatoes:

1. Add coriander leaves and water stir wel .

2. Cook carrots and potatoes for 15 minutes over a medium flame.

3. Adjust water and check whether carrot and potato become soft or not.

4. When the carrot and potato became soft, switch off the flame.

5. The carrot potato curry is ready to serve.

6. Take into a serving bowl and garnish with cilantro.

7. Best serve with rice, roti, naan, pulkas and also as a side dish.

T h o t a k u r a

Servings: 2

F r y

A m a r a n t h u s

Prep Time: 05

F r y

mins

Cook Time:

A quick Indian spicy stir fry

05 mins

recipe served as a side dish

with plain rice, dal, rasam,

Total Time: 10

mins

pappu.

Ingredients

thotakura – 1 bunch

oil – 3 spoons

onion slices – 1 medium size

curry leaves – 1 spring

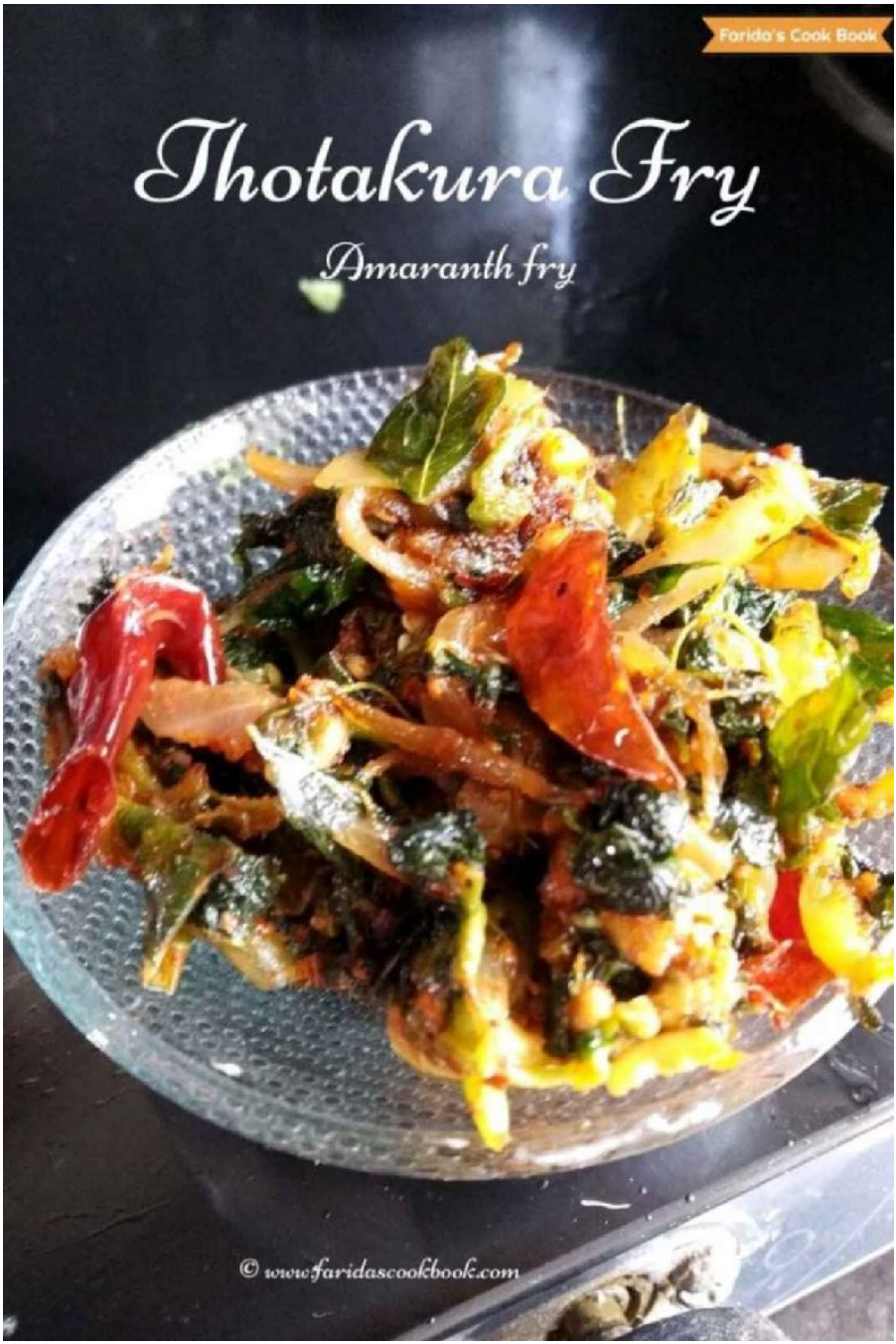
halved green chilies – 2

chopped ginger – 1 spoon

chopped garlic – 4

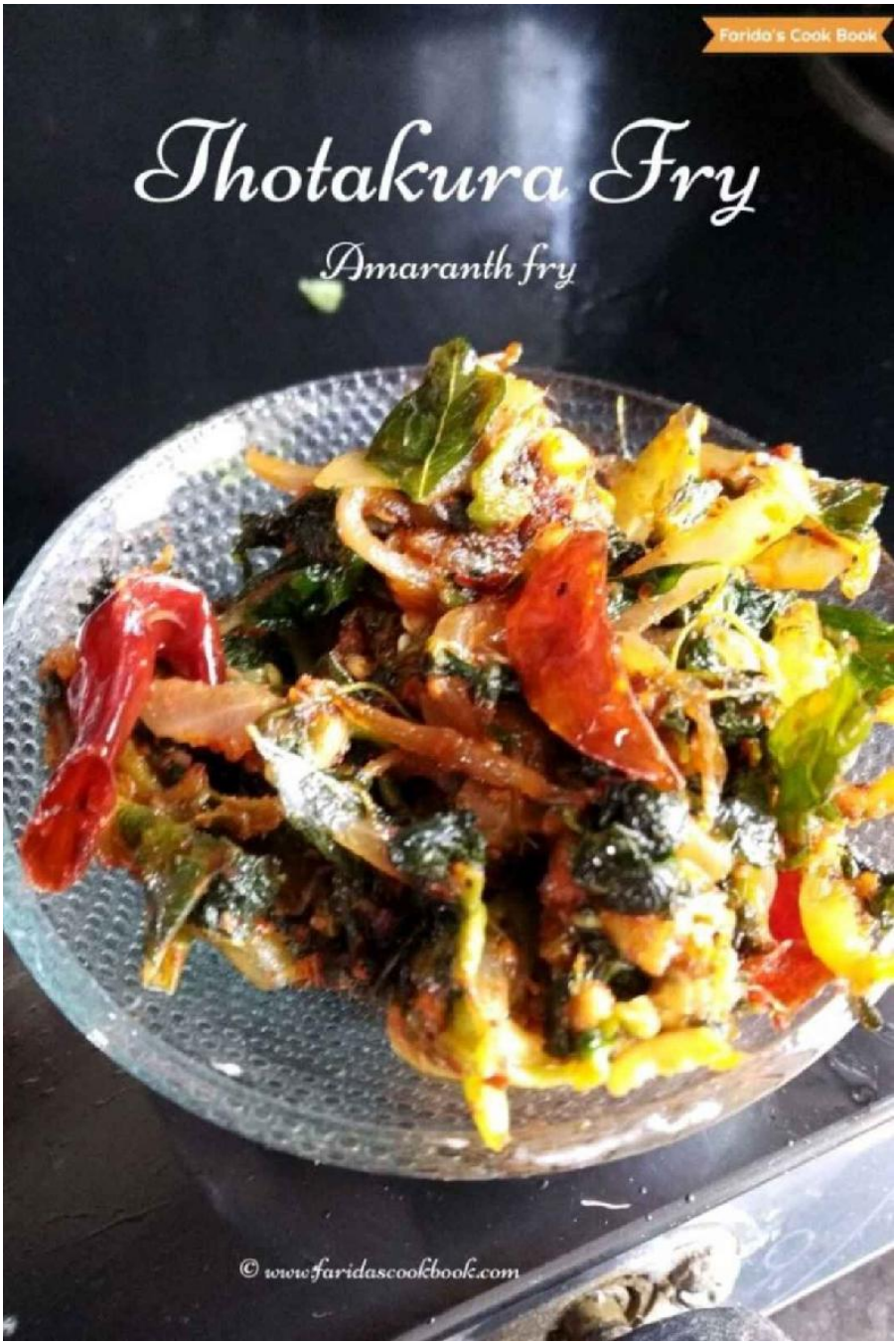
dry red chilies – 2

vepudu karam podi – 2 spoons



salt – 1/2 spoon

water – 1/2 glass



Instructions

Frying spices:

1. Heat a pan or large bottom kadai(wok) over medium flame.

2. Add onion slices, a spring of curry leaves, 2 halved green chilies.

3. Also add 2 red chilies, a spoon of chopped ginger and 3 chopped garlic cloves.

4. Stir and fry till the onions turn light golden colour.

Frying thotakura:

1. Take a bunch of thotakura(amaranth leaves) wash thoroughly chop and add to the pan.

2. Stir occasionally fry for 3 minutes.

3. Pour 1/2 glass of water mix well.

4. Close the lid and cook for 2 minutes.

5. Cook till the water dry completely and thotakura turn soft.

6. Add 1/2 spoon of salt and 2 spoons of vepudu karam podi.

7. Reduce or avoid vepudu karam if you serve for kids.

8. Stir and fry till the karam mixed well.

9. Switch off the fire take into a serving bowl.

10. Serve as side dish in plain rice, dal, rasama, pappu.

Recipe Notes

The thinner stalks of the plant can also be used as wel .

Add the secret ingredient vepudu karam podi which makes our thotakua tasty.

For vepudu karam podi dry roast al the ingredients red chil ies, jeera, dry coconut pieces, roasted chana dal. Let it cool and make a fine powder.

yummy Paneer recipes

P a l a k P a n e e r

Servings: 2

R e s t a u r a n t S t y l e

Prep Time: 10

The healthy paneer dipped in a

mins

palak gravy mixed with al the

spices and a creamy texture **Cook Time:** gives a wonderful taste. Serve

20 mins

this delicious palak paneer with

rice, roti, chapati or pulka.

Total Time: 30

mins

Ingredients

Frying and blending palak:

ghee – 1 spoon

oil – 1 spoon

coriander leaves – 1/4 spoon

cumin seeds – 1/4 spoon

spinach(palak) – 2 bunches

green chil ies – 3

Roasting paneer:

paneer (cottage cheese) – 10 cubes

oil – 1/2 spoon

For gravy:

ghee – 1 spoon

oil – 2 spoons

bay leaf - 2

star anise – 1

cloves – 7

cumin seeds – 1/4 spoon

cardamom – 1

cinnamon – 1

long pepper – 1

dry fenugreek leaves Kasuri methi – 1 spoon onion paste – 1 cup

ginger and garlic paste – 1 spoon

tomato paste – 1 cup

red chilli powder – 1 spoon

turmeric powder – 1/4 spoon

garam masala powder – 1/2 spoon

salt – 1 1/2 spoon

water -1/4 glass

chopped coriander leaves – 1/4 cup

cream – 2 spoons

For garnish:

fresh cream – 2 spoons

chopped coriander leaves – 1/4 cup

Instructions

Frying palak:

1. Heat a pan over a medium flame add a spoon of ghee and oil.

2. Add 1/4 spoon of coriander seeds and cumin seeds. let them splutter.

3. Add spinach(palak) and slit green chillies fry for 2 minutes. Let it cool and set aside.

Blending palak:

1. Add all the fried ingredients to the blender jar.

2. Blend to the smooth paste and set aside. Do not add water while blending

Roasting paneer:

1. Heat a pan over a medium flame add 1/2 spoon of oil and paneer cubes.

2. Carefully fry for 2 minutes and set aside.

Preparing gravy:

1. Heat a huge pan over a medium flame add a spoon of ghee and 2 spoons of oil.

2. Add cumin seeds, star anise, bay leaf, cinnamon, cardamom, cloves, long pepper. Saute till it turns aromatic.

3. Add a spoon of dry fenugreek leaves (Kasuri methi) for a rich taste.

4. Add onion paste mix well and fry till it turns to golden.

5. Add ginger and garlic paste until the raw smell disappears.

6. Add tomato paste mix well fry for 3 minutes.

7. Add red chilli powder, turmeric powder, garam masala powder and salt mix well. Close the lid and fry for 2 minutes.

Adding palak paste:

1. Add palak paste stir continuously to avoid burning.

2. Pour little water and salt the lid and cook for 2 minutes. Adjust the consistency of gravy according to the taste.

Adding roasted paneer cubes:

1. Add roasted paneer cubes and chopped coriander leaves mix well cook for a minute.

2. Finally, add 2 spoons of cream mix well. Can add more cream as for the taste. Switch off the fire.

Garnish:

1. Take the delicious palak paneer into the serving bowl. Garnish with cream and chopped coriander leaves.

2. Serve the mouth-watering restaurant style palak paneer with hot rice, roti, naan or chapati.

P a n e e r B u t t e r

Servings: 2

M a s a l a

Prep Time: 10

M a k h a n i P a n e e r

mins

Cook Time:

The paneer dipped into cashew

25 mins

nut masala mixture which is

fried with butter and coated

with fresh cream, garnish with **Total Time:** 35

chopped coriander leaves and

mins

serve the delicious mouth-

watering hot paneer butter

masala recipe with roti, naan,

paratha, rice or pulao recipes.

Ingredients

For making masala paste:

butter – 25g (1 spoon)

oil – 1/4 spoon

cashew nuts – 17

cinnamon sticks – 3 smal s

cardamom – 2

cloves – 7

cumin seeds – 1 spoon

star anise – 1

chopped onions – 2

green chil ies – 2

ginger and garlic paste – 1 spoon

chopped tomatoes – 4

water – 1/4 glass

For masala gravy:

butter – 50g (2 spoons)

red chil i powder – 1 spoon

paneer cubes (cottage cheese) – 10

dry fenugreek leaves (Kasuri methi) – 1 spoon garam masala powder – 1/4 spoon

cream – 1/2 cup

chopped coriander leaves – 1/2 cup

water – 1/2 glass

Garnish:

chopped coriander leaves – 1/4 cup

cashew nuts – 4

Instructions

Blending and preparing masala paste:

1. Heat a pan add butter and oil.

2. Add cashew nuts, cinnamon sticks, cardamom, cloves, cumin seeds, star anise and cumin seeds.

3. Fry till the cashew nuts turn to golden.

4. Add chopped onions and green chillies mix well. saute for 2

minutes.

5. Add ginger and garlic paste fry till the raw smell disappears.

6. Add chopped tomatoes mix well.

7. Pour 1/4 glass of water and cook till the tomatoes become little mushy.

8. switch off the fire set aside. Let it cool.

9. Take all the masala mixture into the blender jar. Blend to the smooth paste

Preparing paneer butter masala gravy:

1. Heat a pan add 25g of butter, add red chilli powder mix well.

2. Add blended masala mixture to the pan mix well. Fry for a minute.

3. Add salt and 1/4 glass of water mix well. Add remaining butter mix well.

4. Add paneer cubes stir and cook for a minute. Add Kasuri methi mix well.

5. Adjust the water, salt and red chilli powder according to the consistency of gravy.

6. Close the lid and cook for 2 minutes.

7. Add 1/4 spoon of garam masala powder.

8. Add 1/2 cup of cream mix well.

9. Add chopped coriander leaves cook over a low flame for 2

minutes.

10. switch off the fire. Take into a serving bowl.

Garnish:

1. Garnish with chopped coriander leaves and cashew nuts.

2. Serve with roti, pulka, chapati, naan, pulao or rice recipes.

P a n e e r B i r y a n i

Servings: 2

M a k h a n i P a n e e r

b i r y a n i

Prep Time: 10

mins

Cook Time:

A flavorful aromatic Indian rice 25 mins is mixed with marinated paneer

Resting Time:

cubes, fried onions and al

20 mins

other spices. The soft and juicy

cottage cheese within the

Total Time: 35

biryani gives a melting taste.

mins

Ingredients

Basmati rice – 2 cups

Frying onions:

oil – 3 spoons

onion slices – 1

Marinating paneer:

curd – 3 spoons

ginger and garlic paste – 1/2 spoon

paneer cubes (cottage cheese) – 100g

coriander leaves – 1/4 cup

mint leaves – 1/4 cup

red chil i powder – 1/2 spoon

salt – 1/2 spoon

turmeric powder – 1/4 spoon

black pepper powder – 1/4 spoon garam masala powder – 1/2 spoon

capsicum cubes – 1

oil – 1 1/2 spoon

For paneer biryani:

butter – 100g

cumin seeds – 1/2 spoon

shahi jeera – 1/4 spoon

cardamom – 3

cloves – 4

star anise – 1

black cardamom – 1

cinnamon – 1

cashew nuts – 12

bay leaves – 3

onion slices – 1

slit green chil ies – 2

ginger and garlic paste – 3/4 spoon

tomato slices – 2

salt – as required (2 spoons)

water – 3 cups

coriander leaves – 1/4 cup

mint leaves – 1/4 cup

red-orange food colour – 3 pinches

Instructions

Soak the rice and fry onions:

1. Wash and soak rice for at least 30 minutes.

2. Heat a pan over a medium flame add 3 spoons of oil 3. Add onion slices and fry till it turns a golden brown colour.

4. Take the fried onion slices into the plate and set aside.

Marinating paneer:

1. Take a bowl to add curd, ginger and garlic paste.

2. Add paneer cubes, fresh coriander leaves and mint leaves.

3. Add half of the fried onions.

4. Add red chilli powder, salt, turmeric powder, black pepper powder, garam masala powder.

5. Add capsicum cubes mix well.

6. Add 1 1/2 spoon of oil mix well.

7. Close and marinate for 20 minutes.

Making paneer biryani:

1. In the same pan add a spoon of butter.

2. Add all the dry spices, cumin seeds, shahi jeera, cardamom, cloves, star anise, black cardamom, cinnamon, cashew nuts, bay leaves.

3. Add onion slices and slit green chillies. Fry all the spices till the cashew nuts and onions turn to golden colour.

4. Add ginger and garlic paste, tomato slices mix well.

5. Fry till the raw smell disappears and tomatoes turn little mushy.

6. Add a spoon of salt mix well.

7. Add marinated paneer cubes mix well.

8. Close the lid and fry for 2 minutes over a medium flame.

9. Fry till the raw smell disappears.

10. Drain the rice and add to the pan.

11. Pour 3 cups of water mix well.

12. Taste and adjust the salt according to the taste.

13. When it begins to boil add chopped coriander leaves, mint leaves and remaining fried onions.

14. If 3/4 water is dried sprinkle red-orange food colour.

Dum for 10 minutes: 1. Close the lid and let it dum for 10 minutes.

2. Open the lid slightly mix the biryani (when the bhap comes our biryani is ready)

3. Close the lid and let it rest for a minute.

4. Take the delicious paneer biryani into the bowl.

5. Serve the hot paneer biryani with raita or stuffed birjal curry or any gravy

Recipe Notes

Take a small bowl to add 3 pinches of red-orange food colour little water mix well sprinkle.

Dum for 10 minutes in a low flame. when the bhap comes our biryani is ready

P a n e e r P a r a t h a

Servings: 2

Prep Time: 20

mins

The fried paneer masala

mixture stuffed in a paratha

Cook Time:

15 mins

and roasted with butter enjoy

with hot gravy. The healthy and

Resting Time:

soft paneer paratha simply

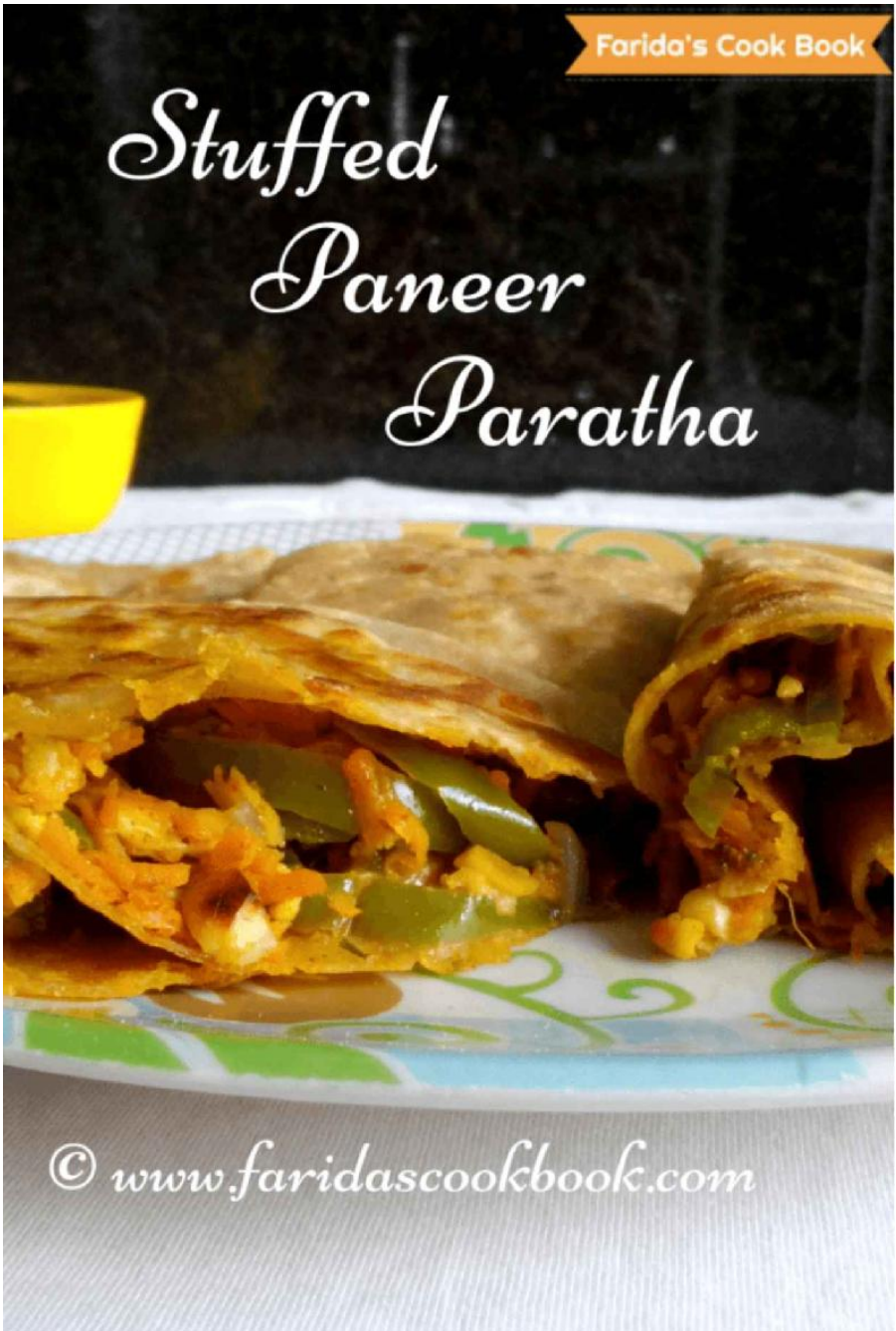
15 mins

melts in the mouth.

Total Time: 35

mins

Ingredients



For dough

wheat flour – 2 cups

salt – 1/2 spoon

water – 3/4 glass

oil – 1 spoon

For paneer masala:

grated paneer (cottage cheese) – 100g(1 cup) butter – 2 spoons

halved cashew nuts – 12

finely chopped green chil ies – 2

chopped onions – 1

grated carrot – 1

capsicum slices – 1

ginger and garlic paste – 1/2 spoon

red chil i powder – 1/2 spoon

turmeric powder – 1/4 spoon

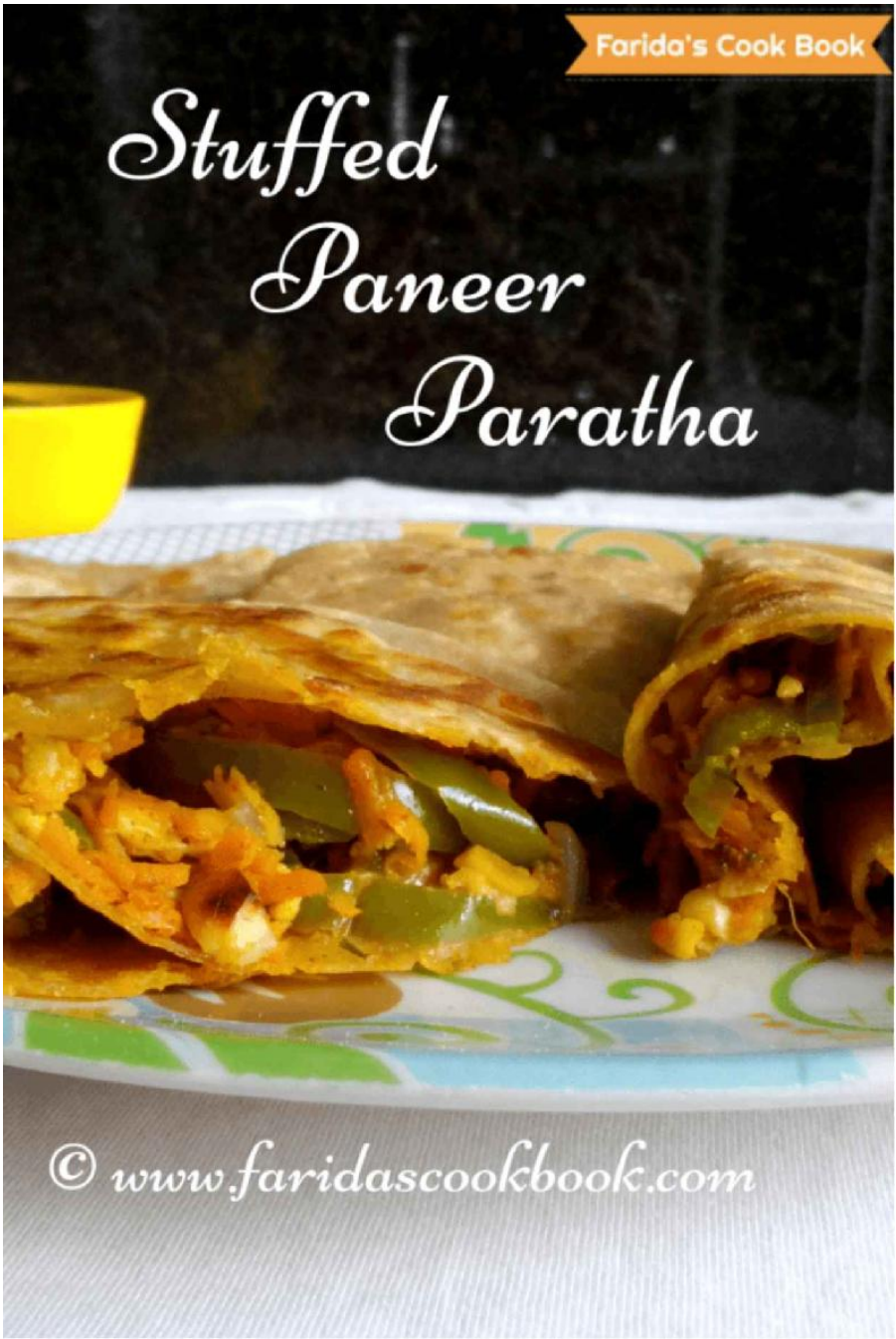
garam masala powder – 3/4 spoon

salt – 1 spoon

chopped coriander leaves – 1 cup

For frying paneer paratha:

butter/ghee – 1 spoon



Instructions

For making dough:

1. Take a bowl to add wheat flour, salt mix well.

2. Pour little by little water and make a soft dough.

3. Add oil and rest it for 15 minutes.

Preparing paneer masala:

1. Heat a pan over a medium flame add butter.

2. Add halved cashew nuts, finely chopped green chillies and onions.

3. Fry for a minute until it turns into light golden colour.

4. Add grated carrot, capsicum slices mix well.

5. Add ginger and garlic paste. Close the lid and cook for a minute fry till the raw smell disappears.

6. Add red chilli powder, turmeric powder, garam masala powder and salt mix well.

7. Add grated paneer mix well.

8. Add chopped coriander leaves mix well.

9. Fry for a minute. Switch off the flame and set aside.

Stuffing:

1. Knead the dough and divide into 7 equal portions.

2. Dust with the flour in a roti maker and begin to roll required shape.

3. Take 2 paratha stuff the paneer masala mixture at the middle of one paratha. Leave some space at the edge 4. Apply little water at the edges. Place the second paratha and press the edges to lock the two parathas.

Frying paneer paratha:

1. Heat a pan over a medium flame apply butter or ghee.

2. Place the stuffed paneer paratha on the pan.

3. Fry on both sides by spreading butter.

4. Fry till the paneer paratha the golden spots appear.

5. Take the paneer paratha into the serving plate.

6. Serve soft paneer paratha with any hot gravy.

Special Rice RECIPES

V e g B i r y a n i w i t h

Servings: 2

R a i t a

Prep Time: 5

mins

The mouthwatering veg biryani

Cook Time:

with

the

combination

of 25 mins

delicious raita, the veggies

mixed with al the spices and

Resting Time:

30 mins

cooked with rice.

Total Time: 30

mins

Ingredients

For veg biryani:

Basmati rice – 2 cups

Oil – 4 spoons

Ghee – 2 spoons

Diced onions – 1 cup

Green chil i – 2

Ginger and garlic paste – 2 spoons

chopped carrots – 1 cup

Diced potatoes – 1 cup

French beans – 1 cup (1/2 inch pieces) Green peas – 1 cup

Diced tomato – 2

Mint leaves – 1/2 cup

Coriander leaves – 1/2 cup

Yoghurt – 3 spoons

Salt – 2 spoons

Water – 3 gla

Lemon juice – 2 spoons

Dry spices:

Cashew nuts – 25

Cinnamon – 2

Clove – 4

Cardamon – 3

Star Anise – 1

Long pepper – 1

Cumin seeds – 1 spoon

Spice powders:

Biryani powder – 1/2 spoon

Coriander powder – 1/2 spoon

Turmeric powder – 1/4 spoon

Red chil i powder – 1 spoon

For raita:

Chopped onions – 1

Chopped green chil i – 1

Chopped Coriander leaves – 1/4 cup

Salt – 1 spoon

Yogurt – 4 spoons

Instructions

Frying vegetables with all the spices:

1. Wash and soak rice at least 30 minutes before starting for

preparation.

2. Heat a pan add ghee, oil, cashew nuts, cinnamon, cloves, long pepper, star anise, cumin seeds, cardamon.

3. Saute for a minute until cashew nuts and other spices turn golden.

4. Add onions and slit green chillies. Fry until it turns to golden brown.

5. Add ginger and garlic paste, mix well and fry till the raw smell disappears.

6. Add chopped carrots, french beans, potatoes and also add a cup of peas.

7. Mix and fry for 5 minutes. Add tomatoes fry for 2 minutes.

8. Add yoghurt, turmeric powder, red chilli powder, coriander powder, biryani powder, and salt saute for a couple of minutes till it gets a nice aroma.

9. Now our veggies will absorb all the masala texture.

Cooking rice:

1. Measurement of water is most important, in which our entire biryani depends. For 2 cups of rice add 3 cups of water including veggies.

2. Add water to vegetable masala texture pan and let begin to boil. Meanwhile, take soaked rice, drain the water from the rice and set aside.

3. When the water begins to boil add rice to the pan and give a mix.

4. Add mint leaves and coriander leaves stir.

5. When the water gets evaporate close the lid. In a low flame dum the rice for 5 minutes.

6. Mix and squeeze lemon juice into the biryani. Again, close the lid leave for 2 more minutes.

7. Vegetable biryani is ready. Garnish with fried cashew nuts and

coriander leaves Serve with raita.

Process for raita:

1. Take a bowl to add chopped onions, green chilli, coriander leaves and salt mix well.

2. Add yoghurt mix well all the ingredients. Add little water if necessary, mix well.

3. Garnish with coriander leaves on top. Serve as a side dish, especially in biryani recipes.

Recipe Notes

Measurement of water is most important, in which our entire biryani depends.

For 2 cups of rice add 3 cups of water including veggies.

K u s k a B i r y a n i

Servings: 4

P l a i n B i r y a n i

R i c e

Prep Time: 5

mins

Cook Time:

Plain biryani recipe can be

30 mins

prepared at iftar or any

occasion or weekend in less

Soak Time:

time. It is an easy and tasty

15 mins

recipe. This biryani can be

served with any non-veg gravy,

Total Time: 50

gosh ka salan, chicken korma

mins

or even with any veg gravy,

special bhaji recipe.

Ingredients

basmati rice – 3 1/2 cup

ghee – 2 spoons

oil – 4 spoons

Dry spices:

Shahi jeera – 1/4 spoon

cumin seeds – 1/2 spoon (jeera)

star anise – 1 (chakri pool)

black cardamoms – 2

cloves – 6 (laung)

cinnamon – 3 (dalchini)

cardamoms – 3 (elachi)

bay leaves – 2 (tej patta)

Main ingredients:

onion slices – 4

slit green chil ies – 4

ginger & garlic paste – 1 spoon

tomato slices – 4

mint leaves – 1 cup (pudina)

chopped coriander leaves – 1 cup (kotimeera) water – (6-7) cups

salt – 2 spoons(as required)

lemon juice – 1 1/2 spoon

For Garnish:

Mint leaves – 1 spring

Instructions

Soaking rice:

1. Wash and soak rice for at least 20 minutes. Drain the rice and set

aside.

Preparing kuska biryani recipe:

1. Heat a pan over a medium flame add ghee and oil.

2. Add all the dry spices 1/4 spoon shahi jeera, 1/2 spoon cumin seeds, 1-star anise, 2 black cardamoms, 6 cloves, 3 cinnamon, 3

cardamoms, 2 bay leaves mix well. Let them splutter.

3. Add onion slices and slit green chillies stir well.

4. Fry till the onions turn a golden brown colour.

5. Add ginger and garlic paste. Tip to avoid burning add a spoon of salt and stir well. This is optional.

6. Fry till the raw smell disappears.

7. Add tomato slices mix well.

8. Close the lid and cook for 2 minutes till it turns little mushy.

9. Add mint leaves and chopped coriander leaves mix well.

10. Fry for a minute till nice aroma occurs.

11. Pour approximately 6-7 cups of water according to the rice stir well. For 1 cup of rice measure 1 1/2 cup of water.

12. Add salt by tasting the water. The water should taste a little salty. Adjust the water according to the rice and salt according to the taste.

13. When the water gets boiled add drained rice mix well. Let it cook.

14. When 3/4 of water is dried add lemon juice mix well.

15. Close the lid and let it dum for 15 minutes in a low flame.

16. Mix or fluff the rice close and leave the biryani for 5 minutes.

17. Take biryani the into serving plate.

For Garnish:

1. Garnish with fresh mint leaves

2. Serve kuska biryani recipe with ghosh ka salan/raita or with any veg curries.

Recipe Notes

Can use basmati rice or sona masuri rice for kuska biryani recipe.

For 1 cup of rice measure 1 1/2 cup of water.

Adjust the water according to the rice as well as adjust the salt according to the taste.

The exact measurement of water and salt makes our biryani super tasty.

C u r d R i c e

Y o g h u r t R i c e

Servings: 2

Prep Time: 5

mins

Very simple and easy to

prepare this recipe with boiled **Cook Time:** rice or leftover rice. The main

5 mins

ingredients are rice and curd. A

smal cup of curd wil keep

Total Time: 10

those

spice

tears

away.

mins

Homemade

healthy

and

comfort curd rice recipe.

Ingredients

Oil – 1 Spoon

Tempering Seeds – 1 Spoon

Chopped green Chillies – 2

Chopped Curry leaves – 1 Spring

Grated Carrot

- ½ cup

Chopped Ginger – ½ spoon

Chopped Coriander – ¼ cup

Boiled Rice – 2 cups

Curd – 1 cup

Salt – ½ Spoon

Instructions

Tempering:

1. Heat a pan add oil and tempering seeds. When it starts crackling.

2. Add chopped green chil i and curry leaves.

3. Add grated carrots, ginger and coriander leaves.

4. Stir wel and fry for 2 min until the carrot gets saute.

Preparation:

1. Add fried tempering mixture into the rice bowl.

2. Now the rice wil absorb al tempering mixture.

3. Add salt, curd and little water mix wel .

4. Adjust the water and salt as for the taste.

5. Instead of water can also add buttermilk. This is optional.

6. Serve chil ed curd rice and enjoy.

7. Never serve curd rice hot. It should be at room temperature.

8. The chil ed curd protects from dehydration in summer.

9. Garnish with chopped carrot and coriander leaves and enjoy.

J e e r a R i c e

C u m i n R i c e

Servings: 4

Prep Time: 2

mins

The flavorful and aromatic

jeera rice is mixed with cumin

Cook Time:

seeds, cashew nuts, dry 13 mins

spices, onions and ginger and

Soaking Time: 20

garlic paste for a rich taste.

mins

Pressure

cook

al

the

ingredients

and

hot

the

Total Time: 15

delicious jeera rice with any

mins

gravy. Special y serve with

butter chicken.

Ingredients

rice – 4 cups

butter/ghee – 1 spoon

oil – 2 1/2 spoon

onions – 2

slit green chil ies – 2

ginger and garlic paste – 1 spoon

water – 6 cups

salt – as required (2 spoons)

Dry spices:

Jeera (cumin seeds) – 3 spoons

shah jeera – 1/2 spoon

cashew nuts(kaju) – 12

bay leaves (tej patta) – 3

cinnamon(dalchini) – 1

cardamom(elachi) – 1

star anise (chakr phool) – 1

cloves(laung) – 7

Instructions

Soak and drain the rice:

1. Wash the rice thoroughly and soak for 20 minutes.

2. Drain the rice and set aside.

Fry all the spices:

1. Heat a pressure cooker over a medium flame add a spoon of butter(ghee) and oil.

2. Add all the dry spices jeera, shah jeera, cloves, cashew nuts, cinnamon, cardamom, star anise, bay leaves.

3. Let the jeera splutter and cashew nuts turn the golden colour.

4. Add onion slices and slit green chillies mix well, fry for a minute.

5. Add a spoon of ginger and garlic paste. It gives excellent taste.

This is optional.

6. Fry till the raw smell disappears.

7. If necessary, add 1 1/2 spoons of oil. By adding oil, the rice will not stick to the pressure cooker.

8. Pour 6 cups of water. Bring water to a quick boil over a medium flame.

9. Taste and adjust the salt (approximately 2 spoons) 10. Add the soaked and drained rice to the pan stir well.

Pressure cooking:

1. Close the lid and pressure cook for 2 whistles.

2. Carefully open the lid, and slowly mix.

3. Take the jeera rice into the serving bowl 4. Serve hot jeera rice with curd, raita or with any veg gravies or non-veg gravies.

Recipe Notes

If you don't like to pressure cook, on the medium flame cook for 5

minutes and put it dum for 5 minutes.

L e m o n R i c e

Servings: 3

P u l i h o r a / C h i t r a n n a

Prep Time: 5

mins

Lemon rice is a very popular **Cook Time:** South Indian recipe is also

5 mins

known

as

Pulihora

or

Nimmakaya annum. Serve with

Total Time:

the combination of masala vada

10 mins

or pakora

Ingredients

Boiled rice – 2 cups or 200 g Lemon juice – 1/4 cup or 3 lemons Oil – 1/4 cup Curry leaves – 1/4 cup Peanuts – 4 spoons

Mustard seeds and cumin seeds – 2 spoons(jeera & raya) Black gram (Urad dal) – 1 spoon Bengal gram (chana dal) – 1 spoon Red chil ies – 6

Green chil ies – 2

Turmeric powder – 1/4 spoon Salt – 2 spoons Chopped coriander leaves – 1/4 cup

Instructions

Tempering:

1. Heat a pan over a medium flame add oil.

2. Add a spoon of chana dal, urad dal, 4 spoons peanuts, 2 spoons of mustard seeds and cumin seeds

3. Fry until the peanuts turn golden and crisp.

4. Add 2 green chillies, 6 red chillies and a spring of curry leaves.

5. Fry for a minute till it crackle.

6. Add 1/4 spoon of turmeric powder and salt.

7. Switch off the flame and add 1/4 cup of lemon juice.

8. Carefully taste and add lemon juice as required.

Mixing tempering and rice:

1. Cool the tempering mixture. Do not mix if the rice and tempering are hot.

2. Pour this tempering mixture into the cooked rice and mix well.

3. Taste and adjust salt and squeeze lemon juice if necessary.

4. Garnish with chopped coriander leaves.

5. Serve with bonda, papadum, punugulu, garelu or vada and chutney or pakora

6. Enjoy the refreshing and tangy lemon rice.

Recipe Notes

Taste and adjust salt and squeeze lemon juice if necessary.

The colour of rice depends upon turmeric powder and adjust it according to your taste.

Enjoy the refreshing and tangy pulihora with garelu or pakora

M a t a r P u l a o

G r e e n P e a s P u l a o

Servings: 2

Prep Time: 2

mins

Peas pulao is a simple

pressure cook rice recipe also **Cook Time:** known as matar pulao.
Better

13 mins

goes with butter chicken, carrot

onion raita, paneer butter

Total Time: 15

mins

masala or any gravy.

Ingredients

green peas – 1 cup

ghee – 1/2 spoon

oil – 3 spoons

onions – 2

slit green chilies – 2

ginger and garlic paste – 1 spoon

tomatoes – 2

mint leaves – 1/4 cup

coriander leaves – 1/4 cup

water – 3 cups

salt – 1 spoon

rice – 2 cups

Dry spices:

cashew nuts – 1/2 cup

cumin seeds – 1 spoon(jeera)

cinnamon – 1 stick

cardamom(elachi) – 2

cloves – 4

star anise – 1

bay leaves – 2

Instructions

Frying spices:

1. Heat a pressure cooker add 1/2 spoon of ghee and 3 spoons of oil.

2. Add all the dry spices cashew nuts, cumin seeds, cinnamon,cardamom, cloves, star anise and bay leaves.

3. Fry till the cashew nuts turn golden.

4. Add 2 chopped onions and 2 slit green chilies. Fry until the onions turn golden.

5. Add a spoon of ginger and garlic paste.

6. Stir continuously and fry till the raw smell disappears.

7. Add 2 chopped tomatoes and fry till they turn mushy.

8. Add 1/4 cup of fresh mint leaves and 1/4 cup of chopped coriander leaves mix well.

9. Add a cup pf green peas (matar) mix well.

How to pressure cook matar pulao:

1. Add 2 cups of soaked rice mix well.

2. Soak the rice before cooking.

3. Pour 3 cups of water mix well.

4. Taste and adjust the salt mix well. The water should be medium

salty.

5. Close the lid and pressure cook for 2 whistles.

6. Switch off the fire and rest it for 5 minutes.

7. Carefully open the lid our matar pulao is ready to serve.

8. Take into the serving plate. Serve with veg or non veg gravy.

9. These matar pulao better goes with butter chicken, carrot onion raita, paneer butter masala or any gravy.

Indian Pickles

R a w T a m a r i n d

P i c k l e

C h i n t a k a y a

P a c h a d i

Servings: 6

Prep Time:

Serve the most South Indian

10

mins

famous raw tamarind pickle

with hot rice and ghee. The lip- **Cook Time:** smacking raw tamarind

pickle

15 mins

blended

with

fried

raw

tamarinds, red chil ies, cumin

Total Time: 25

seeds, fenugreek seeds and

mins

green

chil ies.

Final y

tempering with curry leaves,

garlic cloves, tempering seeds,

halves dry red chil ies.

Ingredients

Raw Tamarinds - 15

Oil - 7 spoons

Dry red chil i - 30

Salt - 1 spoon

Cumin seeds - 1 spoon

Fenugreek seeds - 1/2 spoon

Green chil i - 3

For tempering:

Tempering seeds - 1 spoon

Dry Red chil ies - 4

Garlic Cloves - 13

Curry Leaves - 1/4 cup

Instructions

Wash, drain and cut raw tamarind to small pieces:

1. Wash the raw tamarind thoroughly 2 or 3 times 2. Drain the water

from raw tamarinds. Dry raw tamarinds with the kitchen towel.

3. Remove small sticks from the sides of tamarind. Cut them into small pieces.

Frying all the spices:

1. Heat a pan over a medium flame add oil, dry red chillies fry them and set aside.

2. Add raw tamarind pieces fry for 2 minutes until they become soft.

3. Fry the raw tamarind coarsely don't make the paste.

4. Add salt mix well. Take all the fried tamarind pieces into a bowl set aside.

5. Add cumin seeds, fenugreek seeds fry until the seeds splutter and set aside.

6. Add green chilli fry for a minute and set aside.

Blending the spices:

1. Take a blender jar to add red chilli, green chilli, cumin seeds and fenugreek seeds. Blend them coarsely.

2. Add fried tamarind pieces to the same blender jar. Blend all of them coarsely.

3. Remove seeds from fried raw tamarind pieces, add to the same blender jar and blend them coarsely.

4. Take all the blended mixture into a bowl and set aside.

Tempering for raw tamarind pickle:

1. In the same pan adjust oil, add tempering seeds, halved red chilli, garlic cloves and curry leave let them splutter.

2. Add blended raw tamarind mixture to the pan mix well. Adjust salt mix well and switch off the flame.

3. Serve the most South Indian famous raw tamarind pickle with hot rice and ghee.

G o n g u r a

Servings: 6

P a c h a d i

Prep Time: 10

S o r r e l P i c k l e

mins

Cook Time:

10 mins

Andhra

gongura

pachadi

contains

Total Time: 20

spicy and tangy taste better

mins

served with hot rice with ghee

and diced raw onions. Mixed

with

al

the

tempering

ingredients. The two special

ingredients

are

sorrel

leaves(gongura) and dry red

chil ies.

Ingredients

Sorrel leaves(gongura) – 1 cup

Cumin seeds – 1 spoon

Coriander leaves – 1 cup

Dry red chil ies – 11

halved garlic – 3

Coriander leaves – 1 cup

Diced onions – 1

Tomato – 1

Curry leaves – 1/4 cup

Oil – 1/4 cup

Salt – 1 spoon

Farida's Cook Book
© www.faridascookbook.com
Andhra
Gongura
Pachadi

Instructions

Frying:

1. Take a cup of cleaned sorrel leaves, which is plucked from

branches.

2. Heat a pan over a medium flame add 3 spoons of oil.

3. Add cumin seeds and coriander seeds when they start popping.

4. Remove from the pan and set aside.

5. Add 11 dry red chillies fry for a minute set aside.

6. Add curry leaves let them splutter and set aside.

7. Add halved garlic for a minute and set aside.

8. Add diced onions fry till they turn light golden set-aside This is optional.

9. Add coriander leaves fry a minute all of them separately set aside.

10. Adjust 3 spoons of oil.

11. Add sorrel leaves and fry for 2 minutes and set aside.

12. And finally, add chopped tomato and fry till it turns little mashy.

Blending:

1. Add all the fried ingredients in the blender jar one after the other as mentioned.

2. Take a blender jar to add cumin seeds, coriander leaves, curry leaves, red chilli blend coarsely all these ingredients at a time. The pickle should be coarse, mostly all the pickles will be coarse in texture.

3. Add garlic, coriander leaves, tomato, salt into the same blender jar and blend them coarsely.

4. Add sorrel leaves and onions again in the same blender jar and finally blend once.

5. Adjust salt as for taste and our sorrel pickle is ready.

6. We can store gongura pachadi for 3 days. If you want to store these pickle for more days just skid tomato and onions.

7. Serve sorrel leaves pickle with hot rice, ghee and diced raw onions, it will be very spicy and delicious.

G i n g e r C h u t n e y

Servings: 7

A l l a m P a c h a d i / A d r a k K i C h u t n e y

Prep Time: 05

mins

A spicy ginger chutney is **Cook Time:** mixed with fresh ginger pieces

10 mins

fried with red chilies and other

ingredients. Blended to a

Total Time: 15

smooth texture and final y

mins

topped with tempering mixture.

Ingredients

Diced ginger pieces – 1 cup

Oil – 1/4 cup Garlic – 8

Coriander seeds – 2 spoons

Fenugreek seeds – 1 spoon

Cumin seeds – 1 spoon

Red chili

- 14

Tamarind juice – 1 cup

Jaggery – 1 spoon Turmeric powder – 1/4 spoon

Salt – 1 spoon Red chili powder – 1/2 spoon

For tempering:

Oil – 2 spoons Tempering seeds – 2 spoons Garlic – 3

Curry leaves – 1 spring

Instructions

Frying and blending:

1. Heat a pan over a medium flame; add oil and ginger pieces stir well.

2. Fry until it turns golden and set aside.

3. In the same pan add coriander seeds, cumin seeds, fenugreek seeds, let them fry for a minute.

4. Add red chili and garlic in the same pan stir well.

5. Saute for a minute. Cool and take into a blender jar.

6. Blend to a coarse texture.

7. In the same blender jar add fried ginger pieces, tamarind juice, jaggery, turmeric powder, salt and red chili powder.

8. Blend all of them to a smooth texture and take into a bowl.

Tempering:

1. Heat a pan over a medium flame, add oil tempering seeds.

2. When seeds begin to crackle add garlic and curry leaves.

3. Sauté for 30 seconds and switch off the flame.

Adding tempering mixture to the chutney:

1. Add hot tempering seeds with oil into the ginger chutney.

2. Mix well, taste it and adjust the salt if necessary.

3. Ginger chutney is ready to serve. You can refrigerate serve for a week.

4. Better serve with pesarattu dosa, idli and any other breakfast recipes.

Recipe Notes

Always prefer fresh ginger for good taste.

Top hot tempering mixture into the blended ginger mix well Can refrigerate and store for a week

More

Special Dishes

O a t s D o s a

Servings: 2

O a t s P a n c a k e / o a t s Prep Time: 10

C h i l l a

mins

Cook Time:

Healthy breakfast recipe mixed

10 mins

with vegetables; oats powder a

Resting Time:

soft

texture

dosa

15

mins

mouthwatering

taste

with

tomato sauce.

Total Time: 20

mins

Ingredients

For batter:

Oats-1 cup

Rice flour-3/4 cup

Semolina Rava-3/4 cup

Asafoetida-1 pinch

Salt-1 spoon

Water-1 glass

Curd-1 cup

Vegetables:

Chopped spinach leaves -1 cup

Chopped green chil i-1

Chopped ginger-1 spoon

Chopped tomato-1

Grated carrots -2

Chopped coriander leaves-1/2 cup

Lemon juice-1 spoon

For oats dosa

Oil- 4 spoons

Instructions

Blending oats:

1. Firstly to prepare oats dosa batter to blend the oats. Take a blender

jar to add oats.

2. Blend the oats to smooth powder.

Preparing oats batter:

1. Take a bowl to add oats powder.

2. Add rice flour to the bowl. Since rice flour is gluten-free contains high protein.

3. Add suji which makes the dosa tasty.

4. Add a spoon of salt. It is the important ingredient in this recipe.

5. Add a pinch of asafoetida. This spice gives unique flavour and taste to oats dosa.

6. Add a cup of curd. Can also add buttermilk instead of curd. Mix it once.

7. Add water according to the consistency of the batter and mix well.

8. Let the batter ferment for 15 minutes. The fermentation will give the dosa soft and tasty.

Adding vegetables:

1. Add chopped spinach. Fresh spinach is very healthy in the diet.

2. Add chopped green chilli and ginger.

3. Add peel and grated carrots and also add chopped tomato.

4. Add chopped fresh coriander leaves.

5. Add lemon juice. The combination of lemon and curd helps in good digestion.

6. Mix well all the ingredients until the veggies coated with batter.

Making oats dosa:

1. Heat a nonstick dosa pan, sprinkle oil. Take a ladle full of batter.

2. Pour into the pan spread it a little bit. Do not spread too thin.

3. Sprinkle a spoon of oil on the edges of oats dosa.

4. Close the lid and let it cook for 2 minutes over the medium or low flame.

5. Turn the dosa on another side. Close the lid and cook for a minute.

6. Take the oats dosa into the plate. Serve hot with tomato sauce or with any chutney.

R u m a l i R o t i

Servings: 2

Prep Time: 10

mins

Cook Time:

Rumali roti is a soft and thin

05 mins

bread most popular in India.

Can serve with different types

Resting Time: 15

of thick gravies.

mins

Total Time: 15

mins

Ingredients

al -purpose flour(maida) – 2 cups

salt – 1 spoon

butter – 1 spoon

oil – 1/4 spoon

al -purpose flour(maida) – 1/4 cup to dust

Instructions

Preparing dough for rumali roti:

1. Take a bowl to add all purpose flour(maida), salt, butter.

2. Mix well till the butter mixed in the flour.

3. Pour little by little water and make the dough.

4. Knead the dough for 5 minutes till it turns soft.

5. Grease the dough with 1/4 spoon of oil.

6. Cover with moist cloth and rest it for 15 minutes.

Rolling rumali roti:

1. Knead the dough and divide into 8 equal portions.

2. Roll a small portion of dough flattens in the rolling board.

3. Dust with some plain flour. Roll it to thin roti.

4. Expand the rumali roti by changing in the hands.

Roasting rumali roti:

1. Heat a roti pan or kadai for a minute.

2. Then reverse the tawa heat for a minute.

3. Place the roti on the tawa.

4. After some time you can see bubbles flip on another side.

5. Press roti with the help of a towel.

6. Cook till the light golden brown spots appear.

7. The rumali roti is ready to serve.

8. Serve the rumali roti with any gravy.

Recipe Notes

Do not over roast. The roti will become hard.

V e g K a b a b

Servings: 3

V e g e t a b l e c u t l e t

Prep Time: 5

mins

Veg cutlet is a healthy snack. If

Cook Time: 20

mins

you are a big fan of vegetable

homemade try these super

Total Time: 25

healthy kebabs or cutlets.

mins

Ingredients

Spinach (palak) – 1 bunch

Grated carrots – 1 cup

Boiled and mashed potato – 3

Chopped onions – 1

Chopped coriander leaves – 1 cup

Rice flour – 1/4 cup

Gram flour (besan) – 1 cup

chopped green chil i – 1

Ginger and garlic paste – 1 spoon

Oil – 1/4 cup

Salt – 1 spoon

Spice powders:

Red chil i powder – 1 spoon

Turmeric powder – 1/2 spoon

Garam masala powder – 1 spoon

Cumin powder – 1/2 spoon

Pepper powder – 1/4 spoon

Coriander powder – 1/4 spoon

Instructions

Spinach in hot water and fry all the vegetables:

1. Boil water and dip spinach for 2 minutes and remove from water.

2. Let it cool chop the spinach and set aside.

3. Add 7 spoons of desired oil to a pan and add chopped onions, let them fry for 2 min.

4. Add chopped green chillis, ginger and garlic paste, grated carrot mix well.

5. Add spinach, coriander leaves, mashed potato and mix well.

6. Add spice powders, salt, red chilli powder, turmeric powder, garam masala powder. cumin powder, pepper powder and coriander powder to the mixture and mix well 7. Add cumin powder, pepper powder and coriander powder to the mixture and mix well

8. Fry the mixture and take into a bowl.

Roast gram flour and make dough:

1. Heat a pan and roast besan or gram flour for 5 minutes over a low flame

2. Fry until it turns golden brown colour. Once turned to light brown, take them to a bowl.

3. Grind all the fried mixture once and take the mixture in the bowl of besan.

4. Add rice flour and mix well and make the dough.

Shaping:

1. Apply oil on both the hands take a small lemon sized dough and shape as the cutlet.

2. Heat a pan over a medium flame, add 4-5 spoons of oil.

3. Shallow fry the cutlets till they turn golden brown.

4. Take the veg cutlets into a serving plate. Serve hot and enjoy.

Recipe Notes

Make sure you do not fry them on high flame as it spoils the base of Kebab and wil not cook.

C a r r o t P u r e e

Servings: 2

C a r r o t M i l k s h a k e

Prep Time: 10

mins

The delicious healthy drink with **Cook Time:** 05

many benefits mixed with

mins

carrot

and

milk

tastes

excel ent. Nutritional y, this

Total Time: 15

juice is good for health.

mins

Ingredients

Carrot Pieces – 1 cup

Milk – 1 glass

Sugar – 1/2 cup

Cashew nuts – 1/2 cup

Water – 1 glass

Instructions

Boiling carrots:

1. Peel the cleaned carrots and cut into small pieces. Heat a pan, add water and carrot pieces.

2. Boil the carrot pieces for 5 minutes and until the water is evaporated. Ensure that the carrot pieces become soft. Let it cool set aside.

Blending carrots:

1. Add boiled carrot pieces and sugar into a blender jar blend it smooth.

2. When the puree is smooth add in cold milk and blends well 3. Finally, add chopped cashew nuts to give carrot milkshake a rich taste

4. Garnish with chopped cashew nuts. Serve chilled. The cold carrot milkshake is a very refreshing one which will make everybody chill.

Recipe Notes

Sugar is optional here, but the kids wouldn't like the drink if the shake doesn't taste sweeter. Instead of sugar can also add honey.

We can add jaggery for completely cool milk puree. Do not add jaggery in the hot drink because the milk will break and the entire recipe will spoil. We cannot store for more time if we add jaggery.

S a b u d a n a

Servings: 3

K h e e r

Prep Time: 05

S a g o P a y a s a m

mins

Cook Time: 10

mins

A delicious smooth and creamy

kheer recipe for special fasting

Total Time: 15

mins

at Ramadan

Ingredients

Ghee- 1 1/2 spoon

Sabudana- 1 cup or 3/4 glass

Water- 4 glass

Sugar- 1 cup

Milk- 1 1/2 glass

cardamom- 3

Dry fruits

Halved cashew nuts- 1/4 cup

Halved almonds- 16

Chopped dry dates- 3

Raisins- 26

Instructions

Frying dry fruits

1. Heat a pan over medium flame and add ghee.

2. Add cardamoms chopped dry dates, raisins, halved almonds and cashew nuts.

3. Fry the dry fruits until they turn golden brown.

4. Take into a plate and set aside, pour four glasses of water boil it.

Cooking sabudana and adding sugar

1. When water comes to boil, add sabudana and stir well.

2. Add cardamom and stir occasionally.

3. Almost sabudana cooked, now add sugar and stir until it dissolves completely.

Pouring milk

1. Pour boiled milk and let it boil. Add all the dry fruits stir well. Wait for a minute and switch off the fire.

Garnishing

1. Take into a bowl and garnish with fried almonds, cashew nuts, dry dates and raisins.

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- Ginger Chutney
- Allam Pachadi/Adrak Ki Chutney
- Oats Dosa
- Oats Pancake/oats Chilla
- Rumali Roti
- Veg Kabab

- Vegetable cutlet
- Carrot Puree
- Carrot Milkshake
- Sabudana Kheer
- Sago Payasam